



UCD School of  
PUBLIC HEALTH, PHYSIOTHERAPY  
AND SPORTS SCIENCE

**CENTRE FOR SPORTS STUDIES**

[www.ucd.ie/css](http://www.ucd.ie/css)



# MSc COACHING SCIENCE

**IN SPORT**





“ The practical nature of the lectures was what appealed to me most. As well as going through the science behind everything, the lectures gave us some real world tools. These have been invaluable to me in my professional career and helped bring everything into context for me. The guest lecturers also gave great insight into how the knowledge learned could be practically applied. ”

**Stephen Behan**  
former student  
Games Promotion Officer  
Clontarf GAA Club

## WHAT WILL I LEARN?

You will learn about the cutting-edge science that underpins diverse aspects of coaching, e.g. tapering and peaking to optimise performance, the coach-athlete relationship, performance and notational analysis in sport.

You will also undertake original research of your own on a topic that is relevant to you. Critical evaluation of academic knowledge and its practical application is a distinctive feature of this advanced programme.



# PROGRAMME OVERVIEW

## PURPOSE

Good practice in coaching is fundamental at all levels and ages for athlete development and success. This programme is intended for sports coaches, coach developers/educators and those working in closely related fields, to extend their scientific knowledge and understanding of the coaching process.

## VALUES

We value and encourage our students to be autonomous learners. We expect them to share their own experience with faculty and peers, as well as critically reflect on their own practice in order to enhance their existing knowledge and skills.

## NATURE OF THE LEARNING ENVIRONMENT

We aim to provide a learning environment that facilitates the comparison and contrast of theories and ideas from a range of relevant disciplines in order to integrate them into personal coaching practice.

## KEY APPROACHES TO TEACHING, LEARNING AND ASSESSMENT

In this programme we use a blend of the most innovative teaching and learning approaches and assessment strategies, such as seminars, laboratory-based experiential learning, web-based interactive learning, case-studies, group work, etc. These are informed by the world-class research carried out by our faculty in addition to the prestigious guest speakers.

# MODES OF DELIVERY

The MSc may be taken:

- > on a one year full-time or
- > two year part-time basis or
- > some of the modules can be taken individually to support continuing professional development (CPD)

Classes will take place on Thursdays (18-21) and Fridays (10-13 and 14-17)

# PROGRAMME STRUCTURE

The MSc Coaching Science in Sport will comprise two taught semesters (Sept-Dec, Feb-May, 30 credits each) and a dissertation (30 credits) on a relevant research topic over the summer months.

## SEMESTER 1

The Science of Coaching: Theory and Practice	10 credits
Applied Sports Psychology and Skill Acquisition	10 credits
Exercise Physiology and Sports Nutrition	10 credits

## SEMESTER 2

Sports and Performance Analysis for Coaches	10 credits
Planning in Strength and Conditioning	10 credits
Research Methods and Applied Statistics	10 credits

## SEMESTER 3

Dissertation	30 credits
--------------	------------

## ENTRY REQUIREMENTS

Applicants should have at least a second class honours degree in either Sport and Exercise Science, Sport and Exercise Physiology, Sports Coaching, Sports Development, Physical Education, Recreation and Leisure Studies or other relevant degree discipline from a recognised University.

In exceptional circumstances an alternative entry route will be considered for candidates without a degree but with significant experience and involvement in sports coaching and holding a coach qualification with an award recognised by their national governing body.

All applicants must have evidence of competence in written and spoken English.

## FEES

Please refer to [www.ucd.ie/fees](http://www.ucd.ie/fees) for current prices.

## APPLICATION PROCEDURES

Applications are reviewed by the Programme Director and approved by the School of Public Health, Physiotherapy and Sports Science.

All applications must be supported by official transcripts of the undergraduate degree.

Applicants who have been approved by the School of Public Health, Physiotherapy and Sports Science will be given either a firm or conditional offer online and will receive an email which details how to accept or decline the offer.

## CAREERS

Graduates will be able to gain employment as sports coaches, coaching officers, game development officers, coach developers/educators, in the following agencies and sectors:

- > Professional and national sports teams
- > National governing bodies
- > Sports and fitness clubs
- > Physical and sport education
- > Sports training camps
- > Performance analysis in sport

You should apply for this course at

[www.ucd.ie/courses/coaching-science-sport](http://www.ucd.ie/courses/coaching-science-sport) and follow the instructions.



**UCD 1ST  
CLASS  
UNIVERSITY**

UCD is the **largest college** in the National University of Ireland with a student population of **25,000**. It is a vibrant, **modern university** ranked amongst the top universities worldwide.

Located 3 miles south of Dublin city centre, the spacious and leafy campus provides students with a supportive and stimulating learning environment.



### Further Information

UCD Centre for Sports Studies  
School of Public Health,  
Physiotherapy and Sports Science  
Woodview House, Belfield, Dublin 4

**Email:** [sports.studies@ucd.ie](mailto:sports.studies@ucd.ie)

**Website:** [www.ucd.ie/courses/coaching-science-sport](http://www.ucd.ie/courses/coaching-science-sport)